

## THE JOYS OF DAY SAILING WITH LAGUNA WOODS YACHT CLUB

Let's be honest. Day sailing, not cruising the Caribbean or sailing solo round-the-world is what most of us sailor's do. Be it in the Long Beach Harbor, Newport Harbor or a few days sailing to Catalina Island. Most of us do our sailing one day at a time. While we love reading about the adventures of the "sail off into the sunset" crowd, the reality is that most will never see that proverbial sunset more than a few miles from our home port-Dana Point.

But before we start feeling sorry for ourselves, let's count our nautical blessing and see what we can do to enhance them. Aside from the inherent fun of our sport, day sailing, unlike its more exotic siblings, offers a unique escape from the pressures of everyday life in the "real" world. When the morning meeting goes awry or the backup on the 405 is a little more maddening than usual or just the pressures at home mount, most of us can be out on the water within an hour. No weeks of planning or preparation necessary: Just the desire for the wind and waves to work their magic in time for happy hour or a warm dinner.

When Club Members meet at the boat our afternoon day sailing offers us the opportunity to catch up on each other's lives while enjoying the views from the Clubs Yacht "Hiatus." Sometimes we chase whales, dolphins or just relax and visit with the crew. We also spend time learning about the boat, sailing and helping with the day sail activities.

As a day sailor since 1978 I've learned a couple of things along the way that make my afternoons afloat a little more enjoyable. I hope this works for you also.

- Forget about the destination just sail.  
Somewhere ingrained in the psyche of humans is the belief that for an activity to be worthwhile it needs to have a goal, a target or a destination. But Why? To me the beauty of day sailing is that I'm unconstrained. I can sail wherever the wind and water allow me, with no need to force a tack or pinch to hold one. The freedom and lack of structure is our "Destination." When rounding the breakwater, setting the sail and turning off the engine-I'm at peace.
- Realize how lucky you are to be a day sailor. One of the true joys is the solitude it provides. Within an hour you can go from controlled chaos of your life to the peacefulness that being with nature brings. We are very lucky to have day sailing as an option in Laguna Woods. We have the best of both worlds.

A Skipper - LWYC